

ABSTRACT OF THE DISCLOSURE

For optionally changing food menus at a user side, for reducing leftover food materials, and for promptly providing new food menus, the food menu providing system according to the instant invention provides food menus applicable for a predetermined period; a cooking recipe for each of the food menus; and a food material list having food material data such as quantity of all food materials necessary to the food menus applicable for the predetermined period, to the user through the communication network.